

City of Chattanooga Fitness Center
Winter 2004 Specialty Class / Fitness Programs
Participants must Pre-register and pay the required fee
Sign up Now! Classes fill up quickly

(*New*) Core, Strength & Stretch

Body conditioning class using pilates based movements
Monday & Wednesday @ 12 noon (Cost \$40.00) 6 weeks
January 5th - February 11th (Instructor Kim Butters)

(*New*) Step Re - Mix

Fun Fresh Dance moves both on and off the step
Tuesday and Thursday @ 5:00 pm (Cost \$40.00) 6 weeks
January 13th - February 19th (Instructor Cynthia Hayes)

(*New*) Afrocise classes held @ City of Chattanooga Fitness Center

Rhythmic dance class utilizing African, Jazz, Calypso, Hip Hop and urban music
Sign up through UTCs' continuing Education Department
Sessions start January 21st. Wednesday and Friday @ 6:00 pm
(Cost \$80.00) 9 weeks (Instructor Kofi Mawuko)

Adaptive Tai Kwon Do

Basic Tae Kwon Do for participants with special needs
Mondays' January 5th - February 11th @ 6:00 pm
Cost \$8.00 does not include .50 entry fee (Instructor Donnie Bryson)

Oriental Middle Eastern Dance (Belly Dance)

Belly Dance an ancient enduring art form of creative movement
Tuesday & Thursday at 6:00 pm (Cost \$50.00) 8 weeks
January 13th - March 4th (Instructor Rhonda Tinsley)

T'ai Ji (Meditation in Movement)

Beginning January 10th (Saturdays' at 11:00 am)
Through T'ai Ji Relax tensions, ease constrictions and let go of Stress.
Cost \$100.00 for 10 weeks (Instructor Christopher Campbell)

ABsolute! (Extreme Core training for the Abs and Back)

45 minute sessions Tuesday and Thursday at 12 noon ([Ongoing](#))
(Cost \$25.00) for 10 classes includes entry fee) Instructor *Ralph Aaron*

AB Attack! (Basic core training for the Abs and Back)

30 minute session Monday and Wednesdays' @ 5:30 pm ([Ongoing](#))
(Cost \$10.00) for 10 classes) Instructed by Fitness Staff

Extreme Training

Challenging, intense, extreme total body conditioning
Monday and Wednesday @ 7:00 pm ([Ongoing](#))
(Cost \$50.00) for 10 classes includes entry fee) Instructor * Ralph Aaron

Call The Fitness Center at 697-1320